



United States Army

World Class Athlete Program

An Army Morale, Welfare and Recreation Activity
U.S. Army Community and Family Support Center
4700 King Street, Alexandria, VA 22302-4418



Army Athlete Profile: First Lieutenant Michael Mai



Track & Field
Hammer/Weight
throw

Date of birth:
September 27, 1977

Hometown:
LeMars, Iowa

Military Occupation:
Field Artillery

Military Rank:
Captain/0-3

Cpt. Michael Mai is a member of the World Class Athlete Program's Track & Field Team.

Cpt. Mai threw for two and one-half years while attending the U.S. Military Academy. Since then he has been impressive, accumulating six top-five finishes in 2002. In 2003 he won gold medals at the Millrose Games and the All Throwers Meet (hammer); silver medals at the Air Force Academy Open and the Cardinal Qualifier; and bronze medals at the All Throwers Meet (weight), the Johnny Mathis Invitational, and the Hartnell Throwers Classic. He also won the gold medal at the 2004 Millrose Games.

A Field Artillery officer, Cpt. Mai entered the Army on May 27, 2000. He completed the Officer Basic Course in January 2001.

Cpt. Mai joined the Army because "I wanted to serve our country, make a difference, and learn valuable life and job skills. Being a member of the World Class Athlete Program is important to me because I have the chance to train with the best in the U.S. and realize my full athletic potential."

Cpt. Mai loves his particular sport because the outcome is based entirely on his own preparation and performance; there is little impact an outside official or referee can have. He gets pumped up for competition by doing visualization and listening to music.

He is a graduate of LeMars Gehlen Catholic in LeMars, Ia., and the U.S. Military Academy in West Point, N.Y.

When Cpt. Mai is not practicing or training he likes to read, keep up with current events, and play his guitar.

Personal Bests: Hammer Throw-69.09m; Weight Throw-21.46m.

For more information about the United States Army's World Class Athlete Program, contact the CFSC Public Affairs Office, pao@cfsc.army.mil, 703-681-1545/47/48 or visit www.armymwr.com.